





CITY OF FAIRFAX SENIOR CENTER

September 2015

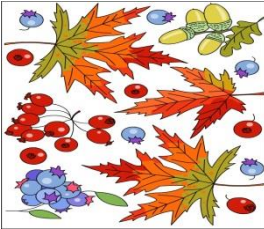




(703) 273-6090

Mon	Tue	Wed	Thu	Fri	Sat
<p>* All Potluck Luncheons and Guest Speakers require advanced registration at the Green Acres Center Front Desk or call 703-273-6090</p>	<p>1 8am: Men's Coffee Group 9:30am: Mexican Train 10am: Canasta 10am: Military History 1pm: Hospitality Committee Mtg. 1pm: Current Events 1pm-3pm: Pickleball</p>	<p>2 8am: Men's Coffee Group 10am: Pinochle TRIP: National Museum of Crime and Punishment 12noon: Chess 1pm-3pm: Pickleball 2:15: Come Sit Meditation -CX</p>	<p>3 8am: Men's Coffee Group 9am: Bocce – outside courts 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am German Conversation - CX 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild</p>	<p>4 8am: Men's Coffee Group 9:15/10:15am: Tai Chi :Adv./ Beg. 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge 10:30am: BUNCO 11:30am Labor Day Cookout Potluck & September Birthdays! 1pm: Trip Committee Meeting</p>	<p>5 September – October Trips published in early August with Registrations beginning Monday, August 17 at 8:30am on-site; 12 noon online and phone.</p>
<p>7 Labor Day Holiday: Center Closed</p> 	<p>8 8am: Men's Coffee Group 8:30am: Seniorcise 10am: AARP Smart Driver Course 10am: Canasta / Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3/4pm: Beg/Int Pickleball Lessons</p>	<p>9 8am: Men's Coffee Group 8:30am: Seniorcise 10am: AARP Smart Driver Course 10am: Pinochle 10am: MOVIE & POPCORN 12noon: Chess 1pm-3pm: Pickleball 2pm: Learn Spanish – 7 wk</p>	<p>10 8am: Men's Coffee Group 9am: Bocce - outside courts 9:30am:Adv. Contract Bridge 9:30am: Pinochle / 10am: Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 2:15pm: Sit & Get Fit 1pm-4pm: Millennium Art Guild</p>	<p>11 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge 10:30am: BINGO 11:30am: Housing Options with Heidi Garvis, Senior Housing Consult. 12 noon: Refreshments 12noon: BP Checks-Ask A Nurse 1pm: Walking / 1:30pm: Euchre</p>	<p>12 Northern VA Senior Olympics Begins thru 9/23</p> 
<p>14 8am: Men's Coffee Group 9:30am: Beginning Bridge Play 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball</p>	<p>15 8am: Men's Coffee 8:30am:Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1 pm: Current Events 1-3pm: Pickleball 3/4pm: Beg/Int Pickleball Lessons</p>	<p>16 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 12noon: Chess 1pm-3pm: Pickleball 2pm: Learn Spanish</p>	<p>17 8am: Men's Coffee Group 9am: Bocce - outside courts 9:30am: Adv. Contract Bridge 9:30am: Pinochle / 10am: Mah Jongg 10am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am: Easy Strength Training 11:30am/11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild</p>	<p>18 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 10am: NVSO Bocce (Rain 9/25) 10am: Grand Slam Bridge 10:30am: BUNCO 11am NVSO Horseshoes 12 noon: Bring Your Sandwich & Something to Share 1pm: Walking / 1:30pm: Euchre</p>	<p>19 Enjoy your last Weekend of Summer! TRIP: 8:30am Shenandoah Valley Apple Harvest Festival</p>
<p>21 AUTUMN EQUINOX – 10:29pm 8am: Men's Coffee Group 9:30am: Beginning Bridge Play 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Grand Slam 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga</p>	<p>22 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 2pm: Senior Council Meeting</p>	<p>23 Fall Prevention Awareness Day 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 12noon: Chess 1-3pm: Pickleball 2pm: Learn Spanish</p>	<p>24 CHARTER TRIP: Lewes Del 8am: Men's Coffee Group 9am: Bocce – last games of season 9:30am: Adv. Contract Bridge/Pinochle 10am: Fabric Fanatics / Mah Jongg 10:30am: German Conversation 11:30 Bocce Awards Lunch Party 11:30am: Easy Strength Training 1-3pm: Pickleball 1-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit – 6 wks</p>	<p>25 8am: Men's Coffee Group 8:30am: Seniorcise 9am-2pm: *HEALTH DAY!* 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Coupons Military/Bridge 10am: Grand Slam / Pinochle 10am:90s Club /10:30am: BINGO 12noon: Salad Luncheon 12noon: BP Checks-Ask A Nurse 1pm: Walking / 1:30pm: Euchre 5pm: Photo Contest Entries Due</p>	<p>26 Check out our website www.fairfax.va.gov Calendar subject to change updates will be posted on website and at senior center</p>
<p>28 8am: Men's Coffee Group 9:30am: Beginning Bridge Play 9:30am: Contract/Duplicate Bridge 9:30am: Beginner Bridge -6 wks 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 12 noon: Chess 1pm-3pm: Pickleball</p>	<p>29 8 am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1-3pm: Pickleball 3/4pm: Beg/Int Pickleball Lessons</p>	<p>30 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Arena Stage (Destiny of Desire) 10am: Pinochle 12noon: Chess 1pm-3pm: Pickleball 2pm: Learn Spanish</p>		 <p>Fitness Room Open Mon-Thur 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card</p>	<p>.Personal Fitness Training Fees: ½ hr session \$20 1 hr session \$40 <u>Call for an Appointment</u> David Cohen, ACE CPR, AHFS 703-638-0172</p>

CITY OF FAIRFAX SENIOR CENTER

October 2015




(703) 273-6090

Mon	Tue	Wed	Thu	Fri	Sat
Bold items on calendar are new sessions beginning or special events.	Check out our website www.fairfaxva.gov Calendar subject to change updates will be posted on website and at senior center.		<u>1 November-December Trips posted</u> 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1-3pm: Pickleball 1-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	2 New York City Trip departs 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:30am: Tai Chi: Adv./Beg 9:30am: BegBridgePlay/Pinochle 10am: GrandSlam/10:30am: BINGO 12noon: October Bdays/BP Cks. 12:30pm: Photo Contest Awards 1pm: Trip Committee Meeting 2:15pm: Stretch & Breathe – 5wk	3 3-8pm: Paddleboat on the Tidal Basin Adventure!  Personal Fitness Training Call for an appointment ½ hr session \$20 1 hr session \$40
5 New York City Trip returns 8 am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am: Beginner Bridge Play 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga – 6 wks.	6 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12pm: Dementia for Caregivers - 1 1pm: Current Events 1pm: 55+ Pickleball 1pm: Hospitality Committee Mtg. 2:20pm: Barre Basics – 6 wks 3/4pm: Beg/Int Pickleball Lessons	7 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Stratford Hall 10am: Pinochle 10am: MOVIE & POPCORN 12noon: Chess 1pm-3pm: Pickleball 2pm: Intro. to Digital Scanning 2pm: Learn Spanish	8 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Intro. to Digital Scanning 9:30am: Pinochle / 10am: Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	9 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge 10:30am: BUNCO 12noon: Bring Your Sandwich & Something to Share 1pm: Table Games / Walking 2:15pm: Stretch & Breathe	10 Fairfax  Festival 10am-5pm (Raindate: 10/11)
12 Columbus Day – OPEN! 8am: Men's Coffee Group 8:30am/12pm: Register Nov-Dec Trips 9:30 am: Contract/Duplicate Bridge 9:30am: Beginning Bridge class 9:30am: Beginner Bridge Play / Crafts 10am: Mah Jongg / Grand Slam Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga	13 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12pm: Living w/ Dementia - 2 1pm: Current Events 1-3pm: Pickleball 2:20pm: Barre Basics 3/4pm: Beg/Int Pickleball Lessons	14 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Washington Monument 10am: Pinochle 12noon: Chess 1pm-3pm: Pickleball 2pm: Learn Spanish	15 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle / 10am: Mah Jongg 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am/11:45am: LUNCH BUNCH 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	16 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge 10:30am: BINGO 12noon: BP Checks - Ask A Nurse 12noon: Bring Sandwich& to Share 1pm: Walking 2:15pm: Stretch & Breathe	17  Fitness Room Open Mon-Thur 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card
19 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am: Beginner Bridge Play / class 10am: Mah Jongg/Crafts/GrandSlam 10:30am: DAY AT THE RACES 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga	20 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 12pm: Dementia for Caregivers - 3 1pm: Current Events 1-3pm: Pickleball 2:20pm: Barre Basics 3pm: Senior Pickleball Lessons	21 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Graves Mountain Lodge 10am: Pinochle 12noon: Chess 1pm-3pm: Pickleball 2pm: Learn Spanish	22 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge/Pinochle 10am: Fabric Fanatics / Mah Jongg 10:30am: German Conversation 11am: Shingles with Walgreen's Pharmacist 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	23 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Coupons For Military 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge/90s Club 10:30am: BUNCO 11am: Guest Speaker Eileen Wilkson: *Health Literacy* 2:15pm: Stretch & Breathe	24 9am-3pm: Sky Meadows State Park Hike & Picnic Adventure Trip  12:30-1:30pm: Exercise Equipment Orientation!
26 8 am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am: Beginner Bridge Play / class 10am: Mah Jongg/Crafts/GrandSlam 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga	27 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1-3pm: Pickleball 2pm: Senior Council Meeting 2:20pm: Barre Basics	28 8am: Men's Coffee Group 8:30am: Seniorcise TRIP: Haunted Tea Party at Strathmore 10am: Pinochle 12noon: Chess 1pm-3pm: Pickleball 2pm: Learn Spanish	29 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge/Pinochle 10am: Fabric Fanatics / Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Set-up for Halloween Party	30 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge 11:30am: Halloween Pot Luck!  2:15pm: Stretch & Breathe	31 Happy Halloween! **** All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090

CITY OF FAIRFAX SENIOR CENTER

November 2015

(703)273-6090

Mon	Tue	Wed	Thu	Fri	Sat
2 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am: Beginner Bridge Play / class 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga	3 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Mtg. 2:20pm: Barre Basics	4 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>TRIP to be announced 10/1</u> 12noon: Chess 1pm-3pm: Pickleball 2pm: Learn Spanish	5 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm- 3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit – 6 wks. 3:30pm: Decorate Center for Thxgvg	6 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge 10:30am: BINGO 12 noon: November Birthdays! 12noon: BP Checks-Ask A Nurse 1pm: Walk the Neighborhood 1pm: Trip Committee Meeting 2:15pm: Stretch & Breathe – 5 wk	7 Bold items on calendar are new sessions beginning or special events.
9 8am: Men's Coffee Group 9:30am: Crafts 9:30am: Beginning Bridge Play/class 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing – 8 wks. 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga	10 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball. 2:20pm: Barre Basics 3/4pm: Beg/Int Pickleball Lessons	11 Veterans Day - Center Closed 	12 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle / 10am: Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3 pm: Pickleball 1-4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit	13 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge 10:30am: BINGO 12noon: BP Checks - Ask A Nurse 12noon: Bring Sandwich & to Share 12:30pm: Table Games 1pm: Walk the Neighborhood 2:15pm: Stretch & Breathe	14 **** All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090
16 8am: Men's Coffee Group 9:30am: Beginning Bridge Play 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg/Crafts/Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga – 6 wks. 5pm: GrATTITUDE Journaling	17 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Learn Spanish! NEW – 10wk 3/4pm: Beg/Int Pickleball Lessons	18 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: MOVIES & POPCORN <u>TRIP to be announced 10/1</u> 12noon: Chess 1pm-3pm: Pickleball 2pm: Learn Spanish	19 8am: Men's Coffee Group 9:30 am – Adv. Contract Bridge 9:30am: Pinochle / 10am: Mah Jongg 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am/11:45am: LUNCH BUNCH 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm: Set-up for Thanksgiving Banquet	20 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Pinochle/Beg Bridge Play 9:30am: Coupons For Military 9:15am/10:15am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge 10:30am: BUNCO 11:30am: Thanksgiving Banquet 1pm: Walking 2:15pm: Stretch & Breathe	21 HOLIDAY CRAFT SHOW Fairfax HS  10am-5pm; Sun 11/22: 10am-3pm
23 8am: Men's Coffee Group 9:30am: Beginning Bridge Play 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga 5pm: GrATTITUDE Journaling <i>Monday Nov 30 see below on Dec</i>	24 8am - Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting 2:20pm: Barre Basics 3/4pm: Beg/Int Pickleball Lesson	25 8am: Men's Coffee Group 8:30am: Seniorcise <u>TRIP to be announced 10/1</u> 12noon: Chess 10am: Pinochle 1pm-3pm: Pickleball 2pm: Learn Spanish	26 Thanksgiving – Senior Center Closed 	27 Thanksgiving Holiday - Senior Center Closed 	28  Fitness Room Open Mon-Thur 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card

CITY OF FAIRFAX SENIOR CENTER

December 2015

(703)273-6090

Mon	Tue	Wed	Thu	Fri	Sat
30 January-February Trips Posted 8am: Men's Coffee Group 9:30am: Beginning Bridge Play 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg /Crafts/Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing 11am: Feldendkrais class 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga	1 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1-3pm: Pickleball 1pm: Hospitality Committee Mtg. 2:20pm: Barre Basics	2 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>TRIP to be announced 10/1</u> 12noon: Chess 1pm-3pm: Pickleball 2pm: Learn Spanish 3:30pm: Decorate Center for the upcoming Holidays	3 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm- 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	4 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge 10:30am: BINGO 12noon: December Birthdays! 12noon: BP Checks - Ask A Nurse 1pm: Walk the Neighborhood 2pm: Trip Committee Meeting 2:15pm: Stretch & Breathe	5 Check out our website www.fairfaxva.gov Calendar subject to change updates will be posted on website and at senior center. Festival of Lights and Carols
7 8am: Men's Coffee Group 9:30am: Beginning Bridge Play 9:30 am: Contract/Duplicate Bridge 9:30am: Crafts 10 :00am: Mah Jongg/Grand Slam 10:30am: Line Dancing 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga	8 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball / 3pm: Lessons 2p 2:20pm: Barre Basics	9 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: MOVIE & POPCORN <u>TRIP to be announced 10/1</u> 12noon: Chess 1-3pm: Pickleball 2pm: Learn Spanish	10 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle / 10am: Mah Jongg 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 1pm- 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	11 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 10am: Grand Slam Bridge 10:30am: BINGO 12noon: BP Checks - Ask A Nurse 12 noon: Bring Your Sandwich & Something to Share 1pm: Walking / 2:15pm: Stretch	12  Fitness Room Open Mon-Thur 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card
14 8am: Men's Coffee Group 8:30am: Jan./Feb Trip Registration 9:30am: Beginning Bridge Play 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg/Crafts/Grand Slam 10:30am: Line Dancing 10:30am: DAY AT THE RACES 12 noon: NOVA Neighbors Bridge 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga	15 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History 10am: Canasta 11:30am: Easy Strength Training 1pm: Current Events / Pickleball 2:20pm: Barre Basics	16 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle <u>TRIP to be announced 10/1</u> 12noon: Chess 1-3pm: Pickleball 2pm: Learn Spanish	17 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 9:30am: Pinochle / 10am: Mah Jongg 10:15 am: Fairfax Antique Arts Assn. 10:30am German Conversation 11:30/11:45am: LUNCH BUNCH 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm- 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit	18 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/Beg Bridge Play 9:30am: Coupons For Military 10am: Grand Slam Bridge 10:30am: BUNCO 11:30am: Christmas Holiday Pot Luck Party 1pm: Walking	19 **** All Potluck Luncheons and Guest Speakers require advanced registration at theFront Desk or call (703) 273-6090
21 8am: Men's Coffee Group 9:30am: Beginning Bridge Play 9:30am: Contract/Duplicate Bridge 10:30 am Line Dancing 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing 12 noon: Chess 1pm-3pm: Pickleball 2:15pm: Chair Yoga	22 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: Easy Strength Training 1pm: Current Events 1-3pm: Pickleball 2pm: Senior Council Meeting 2:20pm: Barre Basics	23 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Closed at 12 Noon: <i>Christmas Eve</i>	24 Closed at Noon: <i>Christmas Eve</i> 	25 Holiday Center Closed 	26 Personal Fitness Training Tuesdays, 11am-12noon Wednesdays, 1pm-2pm Fees: ½ hr session \$20 1 hr session \$40 <u>Call for an Appointment:</u> 703-273-6090
28 8am: Men's Coffee Group 9:30am: Beginning Bridge Play 9:30am: Contract/Duplicate Bridge 10am: Mah Jongg / Crafts 10:30am: Line Dancing 12 noon: Chess 1pm-3pm: Pickleball	29 8 am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Military History / Canasta 1pm: Current Events 1pm-3pm: Pickleball	30 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 12noon: Chess 1-3pm: Pickleball	31 8am: Men's Coffee Group 9:30am: Pinochle / 10am: Mah Jongg 11:30am New Years Eve Pizza Party 1pm-3pm: Pickleball 1pm- 4pm: Millennium Art Guild	1 January 2016 New Year's Day!! Center Closed 	

